

Aquatics



Parent/Child Swimming Lessons

(Ages: birth to 3yrs) For children 6 months to 3 years. Basic skills such as changing body positions, performing combined strokes, gliding, and rhythmical patterns are taught. These skills offer a foundation for learning the swimming strokes. Safety topics are also presented. A parent is required to be in the water. Instructor will work with each group/level as determined. Classes meet Monday - Friday the first week, and Monday - Wednesday the second week. Thursday and Friday of the second week are only used as make up days. Saturday sessions also available.

7000.621 M - F, 14-Jun to 25-Jun 6:45 PM - 7:15 PM
7000.622 M - F, 14-Jun to 25-Jun 7:15 PM - 7:45 PM
7000.606 Sa, 12-Jun to 14-Aug 10:25 AM - 10:55 AM
7000.607 Sa, 12-Jun to 14-Aug 11:00 AM - 11:30 AM
7000.608 Sa, 12-Jun to 14-Aug 9:45 AM - 10:15 AM
Dixon Pool Instructor: Dixon Pool Staff
\$39 City, \$46 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Private Swim Lessons for Everyone!

(Ages: 6 to Adult) Your instructor will help you develop swim skills at a pace that is comfortable for you. One-on-one attention may be just what you need to realize your goals. Please indicate at registration your preference for morning, evening, weekend, or anytime classes. Any 2 weeks (8 sessions) 30 minute classes during June 12 - Aug 14 as scheduled by you & instructor

Any 2 weeks (8 sessions) 30 minute classes during June 12 to August 14 as scheduled by you & instructor

7000.559 Su - Sa, 12-Jun to 14-Aug 9:00 AM - 7:45 PM
Dixon Pool Instructor: Dixon Pool Staff
\$120 City and Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Preschool Swim Lessons

(Ages: 4 to 5yrs) Children are taught to feel comfortable in the water while learning elementary aquatic skills. Eleven new skill movements are supported. Safety behaviors are also taught. Class is scheduled for 10 weeks with the last two Saturdays ONLY being used for any make-up classes. 8 instructional classes are taught.

7000.410 Sa, 12-Jun to 14-Aug 9:45 AM - 10:15 AM
7000.600 Sa, 12-Jun to 14-Aug 11:00 AM - 11:30 AM
7000.601 Sa, 12-Jun to 14-Aug 10:25 AM - 10:55 AM
7000.602 M - F, 26-Jul to 6-Aug 7:15 PM - 7:45 PM
Dixon Pool Instructor: Parks & Rec Staff
\$39 City, \$46 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City



Special Events at Dixon Pool this Summer!

The pool isn't just for laps! Join us for these fun events and activities at the pool after hours!

Country Night: Come enjoy an evening of swimming, music and fun with a country theme!
June 16 -- 8:00-10:00pm -- Admission: \$3

Hot Summer Night Swim: Enjoy an early evening swim and gentle music as we celebrate the "hot" weather!
July 21 -- 8:00-10:00pm -- Admission: \$3

Hawaiian Night: Join the fun as we enjoy an evening celebrating Hawaii!
August 18 -- 8:00-10:00pm -- Admission: \$3

Soggy Dog Day: Dogs rule the pool for a day as we close for the season. Registration forms available 5/29/10.
August 28 -- 12:00-3:00pm \$5 for up to 2 dogs

Aquatics

Swim Lesson - Levels 1 to 3

(Ages: 6 to 17yrs)

Level 1: Introduction to Water Skills -- Water adjustment, floating, breath control, water entry/exit, walking through the water comfortably, supported kick on front and back, alternating arm action, basic water safety rules, and simple rescue (without equipment).

Level 2: Fundamental Aquatic Skills -- Breath holding, retrieving objects, orientation to deep water, front and back floating, water entry/exit, flutter kick, combined stroke, turns, and personal safety and rescue skills. Students must pass a Level 1 skills test to enter Level 2.

Level 3: Stroke Development -- Object retrieval (eyes open), bobbing (submerged head), jumping into deep water, diving from a kneeling position, glides, arm strokes, back crawl, elementary backstroke, reversing directions while swimming on front and back, treading water, deep water entry with life jacket, H.E.L.P. position, huddle position, and basic rescue techniques. Must pass Level 2 skill test to enter Level 3.

Level 4: Stroke Improvement -- Deep water bobbing, rotary breathing, diving from side of pool (stride and standing positions), elementary backstroke, sculling, front crawl, back crawl, breaststroke, sidestroke, wall turns, treading water, rescue breathing, and an introduction to CPR. Must pass a Level 3 Skill test to enter Level 4.

Level 5: Stroke Refinement -- Alternate breathing, stride jump entry, diving progression from diving board, long shallow drive, breaststroke, sidestroke, underwater swimming, elementary backstroke, butterfly, front crawl, back crawl, open turns, feet-first surface dive, safe diving rules, spinal injury recognition, and treading water. Must pass Level 4 skills test to enter Level 5.

Classes meet Monday - Friday the first week, and Monday - Wednesday the second week. Thursday and Friday of the second week are only used as make up days.

Level 1

7000.624	M - F, 14-Jun to 25-Jun	9:45 AM - 10:15 AM
7000.625	M - F, 14-Jun to 25-Jun	10:25 AM - 10:55 AM
7000.626	M - F, 14-Jun to 25-Jun	11:00 AM - 11:30 AM
7000.627	M - F, 14-Jun to 25-Jun	6:45 PM - 7:15 PM
7000.631	M - F, 12-Jul to 23-Jul	7:15 PM - 7:45 PM
7000.628	M - F, 26-Jul to 6-Aug	11:00 AM - 11:30 AM
7000.603	M - F, 26-Jul to 6-Aug	7:15 PM - 7:45 PM

Level 2

7000.613	M - F, 28-Jun to 9-Jul	7:15 AM - 7:45 AM
7000.611	M - F, 28-Jun to 9-Jul	9:45 AM - 10:15 AM
7000.615	M - F, 28-Jun to 9-Jul	10:25 AM - 10:55 AM
7000.612	M - F, 28-Jun to 9-Jul	11:00 AM - 11:30 AM
7000.617	M - F, 28-Jun to 9-Jul	6:45 PM - 7:15 PM
7000.635	M - F, 12-Jul to 23-Jul	11:00 AM - 11:30 AM
7000.610	M - F, 12-Jul to 23-Jul	6:45 PM - 7:15 PM

Level 3

7000.633	M - F, 12-Jul to 23-Jul	9:45 AM - 10:15 AM
7000.634	M - F, 12-Jul to 23-Jul	10:25 PM - 10:55 PM
7000.609	M - F, 12-Jul to 23-Jul	7:15 PM - 7:45 PM

Level 4

7000.636	M - F, 26-Jul to 6-Aug	9:45 AM - 10:15 AM
7000.637	M - F, 26-Jul to 6-Aug	10:25 AM - 10:55 AM

Level 5

7000.638	M - F, 26-Jul to 6-Aug	6:45 PM - 7:15 PM
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AquaZumba

(Ages: 16 to Adult) Aqua Zumba is a fun water workout unlike any other water aerobics class. This is the pool party workout that will get you moving to the music and burning calories while having tons of fun.

2060.100 Tu Th, 8-Jun to 15-Jul 8:00 AM - 9:00 AM
2060.120 Tu Th, 20-Jul to 26-Aug 8:00 AM - 9:00 AM
Dixon Pool Instructor: Staff
\$50City, \$60 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City



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Water Aerobics

(Ages: 16 to Adult) A modern approach to water aerobics with fun filled cardio segments and a mixture of strength and flexibility work. We'll bring out the pool toys- noodles, balls, etc. for an effective water workout without harsh stress on the joints or muscles.

2200.100 M W, 7-Jun to 14-Jul 8:00 AM - 9:00 AM
2200.200 M W, 19-Jul to 25-Aug 8:00 AM - 9:00 AM
 Dixon Pool Instructor: Dixon Pool Staff
 \$50City, \$60 Non-City Resident
 Registration Begins: 4/20 City 4/27 Non-City



**In the mood
for your own pool party?**

Rent Dixon Pool

contact JOAnne JONES
 for details (540) 372-1086 X 217



Early Morning Fitness Swim Punch Card

(Ages: 16 to Adult) Start your day with an invigorating swim! If you like to get up and get that workout before you head into the office, or before the sun gets too high, here's your chance. Our beautiful facility will open 7:00am - 8:00am on Monday, Wednesday, and Friday for you early birds. Purchase the 6 punch ticket or the 12 and start your workout anytime between June 21 and August 20, 2010 at the 7:00am time frame. No daily registration accepted. Passes may be purchased at the Community center prior to May 29, or purchased at the pool after May 29, 2010.

6 Punch -- 7000.440 -- \$24 City and Non-City Resident
12 Punch -- 7000.441 -- \$42 City and Non-City Resident
 M W F, 21-Jun to 20-Aug 7:00 AM - 8:00 AM
 Registration Begins: 4/20 City 4/27 Non-City
 Purchase at the Community Center before 5/29
 Purchase at Dixon Pool after 5/29

Dixon Pool Summer 2010

Hours of Operation:

May 29 - August 22

11:30am – 7:00pm Saturday & Sunday

June 1 - June 11

3:00pm - 7:00pm Weekdays

11:30am – 7:00pm Saturday & Sunday

June 12 - August 22

11:30am – 7:00pm Daily

Schedule subject to change

Daily Admission Fees

Ages	City	Non-City
Baby 2 yrs & under	Free	Free
Child 3-17yrs	Free	\$5
Adult 18-54yrs	Free	\$7
Senior 55yrs & older	Free	\$5

Discount Pool Punch Card:

Save money and purchase our 20 Pool Punch Card – 20 admissions for \$80.00.

Patrons who exit the facility after being appropriately "marked" by staff may re-enter (if occupancy loads permit) within the same day without paying a second admission. Everyone entering Dixon Pool must pay (as applicable) and is subject to all admission policies and must abide by all pool rules even if they are not swimming.

Dixon Pool Summer 2010



Admission Fees

See page 21 for full listing of admission fees.

Admission Requirements

Pool Photo ID Card

Pool photo ID card required for both residents and non-residents for ages three and over. Initial Pool ID issued free of charge. All admission fees still apply where applicable. Proof of age and residency required to get a pool ID. Driver's License, voter registration card, utility bill, school ID, or a personal check with your address (must match Driver's License) is acceptable for proof of residency. Guests are welcome but **MUST** pay the non-resident fee. Identification cards are not transferable. If a card is used by someone other than the authorized user, both the person using the card and the authorized user may lose all privileges to the pool. Lost cards must be reported immediately to the Pool Management. Replacement cards will be issued at a \$4.00 fee. Starting April 27, 2010 and every Tuesday and Thursday after that until May 27 you can get your card from the Dorothy Hart Community Center between the hours of 4:00pm until 6:00pm. After May 27, cards will be issued at the Dixon Pool facility only during operational hours.

- Everyone entering the pool, **must pay**, regardless of whether or not they are swimming
- **Children 11 years old** and younger, **must** be accompanied by someone 18 years or older
- **Children 12-17 year old** may enter without adult supervision upon successfully completing swim test, but may not be responsible for other children
- An adult **18 years of age or older** may be responsible for up to 4 patrons age 17 years or younger, and must be within arms reach of any non-swimmers.
- Admission can be paid by cash, or credit card.

Aquatic Facility Rules

Swim Tests

In order to enter the square section of the pool, or use the slide, ALL patrons ages 17 or younger, must first successfully complete a swim test.

Capacity

As a matter of safety, the pool has a maximum number of patrons allowed in the pool area at a time. A sign will be posted when the pool is full, and as one person leaves, another may enter.

Smoking

No smoking permitted anywhere in the aquatic facility or immediately adjacent to the pool.

Food and Beverages

Coolers may be brought into pool area, but food must be consumed in **concession area only**. Glass bottles or alcoholic beverages are not permitted in or around the pool facility. **ALL food** is to be consumed in concession area only. **ONLY** closed container drinks will be allowed on the pool deck.

Chairs and Other Equipment

Folding chairs or umbrellas may be brought into pool area. The department will not be responsible in any way for the operation of, damage to, or loss of such equipment.

Diaper Policy

Any child who wears a diaper must wear a "little swimmer" type of diaper with a bathing suit over it to go into the water.

Drop off Policy

Children 12-17 years may be admitted without supervision, provided they have passed the swim test.

Play Toys

Aquatic play items **are not** permitted in pool. No motorized toys. However, lifeguard has the right to grant permission based on the capacity and current situation in the pool. After a designated number of people in the pool, no play toys will be allowed (Water wings are not recommended for children to wear). An adult must be within arms reach of any child using a flotation device.

Jewelry

Be advised that jewelry, especially piercings and dangling necklaces or earrings is dangerous to wear while swimming.

Proper Bathing Attire

Anyone, even infants, who enters the pool, **must** be wearing proper bathing attire. No thongs or cut offs.

Bad Language

The use of foul language, obscenities or other vulgar or disrespectful language toward pool personnel or other patrons will not be permitted, and is cause for disciplinary action.

Discipline

Any person that does not obey the above rules, or fails to follow direction from the lifeguards will be asked to "sit out" from the pool. If behavior continues, the person will be asked to leave the pool facility for the day. Should that person's behavior worsen, or should such behavior be continued on another day at the facility, the person shall be suspended from the aquatic facility for a time period from 1 week to the entire season, depending on the severity of the infraction.

NOTE: Final determination of suitability of toys or behaviors shall be made by pool personnel.